

# HealthEASE

## Move Today



This program was developed by Marjorie Bissinger, MS, PT through a grant from the New Jersey Department of Health and Senior Services. This is an “evidenced-based” program with proven outcomes and emphasis on balance and posture with strength training and flexibility using resistance bands. It incorporates both sitting and standing exercises. Resistance bands and manual are provided. Learn to safely bend, relieve tension and stress, reduce risks of falls and injury. Use these techniques in your everyday activities. Reduces risk of Osteoporosis. The program uses participant measurements at the first and last class to measure outcomes.

**Starts April 14, 2023! Sign up Now!**

*(First come-first serve – taking registrations now!)*

Day/Time:      Fridays: 11:30am to 12:30pm

Location:      Senior Center, Flemington

**Registration is required. You must fill out a waiver and medical clearance form to enter the class No charge. No prior experience necessary.**

**To Register email: [elangeveld@co.hunterdon.nj.us](mailto:elangeveld@co.hunterdon.nj.us) or call (908) 284-6128.**

**Open to Hunterdon County residents age 60 and over who are enrolled members of the Senior Center.**

**Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services  
Senior Fitness Programs**